

## Frequency of burning mouth and subjective xerostomia in patients with diabetes mellitus type 2

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### \*Abstract

**Background:** Diabetes mellitus is a common chronic metabolic disease which have numerous physical effects for patients.

**Objective:** The aim of this study was to determine the prevalence of subjective xerostomia and burning mouth of patients with type 2 diabetes mellitus in cities of Sari and Qaemshahr.

**Methods:** In this descriptive-analytic study, totally 1455 patients with type 2 diabetes mellitus with complain of xerostomia and/or burning mouth which had referred to diabetes clinic in Sari and Qaemshahr were examined in 2016. For every patient asked about chronic xerostomia and burning mouth and if the answer was positive, the oral examination was done to ensure the absence of mucosal lesions and find signs of xerostomia. Then, xerostomia questionnaire was completed by patients suffering from dry mouth. Finally, the information was statistically analyzed by T test and chi square test.

**Findings:** Prevalence of burning mouth was found 111 (7.6%) in diabetic patients that in the women were significantly higher than in men ( $P < 0.0001$ ). Prevalence of xerostomia patients was found 239 (16.4%) that was not significant between the male and female. There was a significant correlation between burning mouth and xerostomia with FBS and HbA1c in diabetic patients ( $P < 0.0001$ ).

**Conclusion:** Possibility of burning mouth, and xerostomia will increase in the diabetic patients with low metabolic control which can cause more severe side effects related to oral health.

**Keywords:** Diabetes mellitus, Xerostomia, Burning mouth syndrome

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